

Tri-planar Hamstring Stretch

Starting position:

Standing with one leg extended onto a step, toes pointing up. Keep knee slightly bent and good back posture.

Movement:

Bend at the waist, keeping your back knee straight until you feel a pull in the back of the leg on step.

Hold position for ____ seconds.

Now do the same as above but once stretch is felt rotate torso to the left until stretch feels slightly different.

Hold position for ____ seconds.

Repeat again, but now rotate to the right with torso.

Hold position for ____ seconds.

Repeat ____Reps on each leg ____X/day

